

H1N1 Swine (New Strain) Influenza Advice

新型インフルエンザについて

★About the Virus

The H1N1 Influenza Virus is a variation of the influenza virus found in pigs, which previously did not infect humans but is now easily transmitted from person to person.

★If you think you might be infected

There is a possibility of transmission within 10 days of coming into contact with an infected person (or within 10 days of returning from an infected country).

If you feel unwell, have high fever (38°C or higher), cough or sore throat, contact your **closest Fever Consultation Center** (see below) **before** seeking treatment at a hospital or clinic.

Rushing recklessly to a medical care facility could contribute to the spread of the virus.

★Nagoya City Fever Consultation Centers

Open: 09:00 - 19:00 (including weekends and holidays)

For inquiries regarding the new strain of influenza:

Chikusa Ward Health Center	052-753-1982	Higashi Ward Health Center	052-934-1218
Kita Ward Health Center	052-917-6552	Nishi Ward Health Center	052-523-4618
Nakamura Ward Health Center	052-481-2295	Naka Ward Health Center	052-251-4568
Showa Ward Health Center	052-735-3964	Mizuho Ward Health Center	052-837-3264
Atsuta Ward Health Center	052-683-9683	Nakagawa Ward Health Center	052-363-4463
Minato Ward Health Center	052-651-6537	Minami Ward Health Center	052-614-2814
Moriyama Ward Health Center	052-796-4623	Midori Ward Health Center	052-891-3623
Meito Ward Health Center	052-778-3114	Tenpaku Ward Health Center	052-807-3912

If you cannot speak Japanese, you can set up a 3-way call with a Nagoya International Center interpreter and your ward's health center (or any other government office) by calling the Nagoya International Center's Torio-hon Service at **052-581-6112**. The service is available **Tuesday through Friday 09:00 -12:00** in English, and **13:00 - 1700** in English, Spanish, Portuguese, Chinese, and Korean.

★The Safety of Pork

The H1N1 Swine Influenza Virus has not been shown to be transmissible to people through eating properly handled and prepared pork (pig meat) or other products derived from pigs. The virus is killed by cooking temperatures of 160°F/70°C, corresponding to the general guidance for the preparation of pork and other meat.

Measures Everyone Can Take To Prevent Infection

★**Etiquette** - help prevent the spread of the virus by following the below guidelines:

- When you cough or sneeze, cover your mouth and nose with a tissue or other item, turn your head and stand at least 1 or 2 meters away from others.
- Wear a mask when you have a cough, are sneezing, or exhibiting other symptoms.
- When you don't have a tissue, cover your mouth with your forearm or shirt sleeve as best you can to prevent the spread of airborne droplets.
- Immediately throw away tissues which contain respiratory system secretions such as nasal mucus and phlegm.
- Wash your hands and forearms immediately after coughing or sneezing into them.
- Actively encourage people with a cough to wear a mask.

★**Learning Proper Hygiene Habits** - the same things you do to prevent catching the seasonal influenza each winter are also effective against the new H1N1 strain of influenza.

- When returning from outdoors, gargle and wash your hands.
- Clean hands and forearms thoroughly with soap and water, or cleanse them with an alcohol-based hand rub on a regular basis (especially if touching the mouth and nose, or surfaces that are potentially contaminated);
- Practice good health habits including adequate sleep, eating nutritious food, and keeping physically active

★**Avoid Crowded Places** - places where people gather are sources of outbreak.

- Please don't rush to your usual hospital. If you have symptoms, please call your ward health center first.
- Reduce the time spent in crowded settings if possible
- Measures may be taken to close schools and place a voluntary ban on public transportation facilities.

★**Keep an Emergency Supply of Food and Daily Necessities**

Prepare enough that you can live off of for at least two weeks without going to the store.

- There is a possibility that you will be unable to buy necessary items while the virus is spreading, so try to keep an emergency supply of food and daily necessities that keep well.

★**Further Reading**

- World Health Organization (WHO) website - www.who.int/en
- Pandemicflu.gov www.pandemicflu.gov/plan/individual